



## Briefs . . .

### Harry Wurzbach gate closure

Effective Monday, the Harry Wurzbach (East) gate will be closed and the temporary entrance will be through Scott Road. Construction will take about nine months. People who normally access the post through the Scott Road gate, which is one lane, should consider an alternate entrance to avoid delays. See page 3 for alternate routes.

### 232nd change of responsibility

The 232nd Medical Battalion change of responsibility is May 6 at 8 a.m. on MacArthur Parade Field. Command Sgt. Maj. Gilberto Martinez-Torres will replace Command Sgt. Maj. Keith Seidler.

### Army mandates IA Training

In an effort to protect data from internal and external threats, the Army established a directive requiring all computer users Army-wide to complete information assurance training no later than June 4. Users can satisfy their IA training requirement by logging onto the Army e-Learning Program. For more information, log onto <http://usarmy.skillport>. You must have an AKO account to access the system.

### Vet vaccination clinic

The Fort Sam Houston Veterinary Treatment Facility will sponsor a vaccination clinic May 7 from 8 a.m. to noon by appointment only. Legal owners must be present with a valid Defense Enrollment Eligibility Reporting System ID card to receive services, or a designated agent must present a power of attorney and a copy of the owner's ID card. For more information, call 295-4260.

### Asian Pacific American Heritage Fort Sam Houston ceremony

Fort Sam Houston major commands and Morale, Welfare and Recreation will sponsor a ceremony in honor of Asian Pacific American Heritage Month May 10 at the Roadrunner Community Center from 11:30 a.m. to 1 p.m. The guest speaker is Postmaster Momi Lee, from Austin, Texas. The event also features an Asian Pacific American fashion show. Tickets are \$5, which includes lunch. For more information or tickets, contact a unit equal opportunity adviser.

### MEDCOM celebration

Headquarters, U.S. Army Medical Command will kick off its celebration of Asian Pacific American heritage with a ceremony Monday at 10 a.m. at Wood Auditorium. The ceremony will feature guest speaker, Dr. Rajam Ramamurthy, the first woman president of the Bexar County Medical Society. Ramamurthy is a neonatologist and professor of pediatrics at the University of Texas Health Science Center in San Antonio. The ceremony is open to the Fort Sam Houston community.

See **BRIEFS** on Page 2

## Parade wave



Photo by Esther Garcia

Active duty Soldiers, Army reservists, Texas National Guardsmen and veterans ride on a palletized load system April 23 during the Battle of Flowers parade. The vehicle went to Iraq out of Harlingen, Texas, with the 340th Transportation Company and is capable of carrying 16 tons on each flat rack. It is stored at the 90th Regional Readiness Group on post. See more Fiesta photos on pages 16 and 17.

## Frequent deployments require more emphasis on vaccinations

By Donna Miles  
American Forces Press Service

WASHINGTON, D.C. — Frequent, short-notice deployments around the world demand that the military step up its emphasis on keeping the force vaccinated for contingencies it may face, according to the Defense Department's deputy director for the Military Vaccine Agency.

The expeditionary nature of the force requires that DoD plan ahead to provide its members the best possible protection against disease and illness when they deploy, Col. John Grabenstein said during an April 14 interview with American Forces Press Service and the Pentagon Channel.

"Vaccinations have always been about planning ahead," Grabenstein said. "We try to

anticipate what is going to happen at the other end of that plane flight to the deployment area."

As a result, he said, DoD is conducting more surveillance about infections and disease that troops need to be protected against, Federal Drug Administration-approved vaccines to counter them, and Centers for Disease Control guidelines for administering these vaccines.

DoD is also making a greater effort to ensure service members' shot records are up-to-date. This way, when a short-notice deployment occurs, the affected troops need only those shots specific to their deployment area, not "a big, long laundry list of vaccines," Grabenstein said.

This effort includes more screening of Reserve and Guard

See **VACCINATIONS** on Page 3

## Military struggling with rising health care costs

By Sgt. 1st Class Doug Sample  
American Forces Press Service

WASHINGTON, D.C. — Rising medical costs and the expansion of health benefits for retirees, Guardsmen and Reservists, and their families, are putting a strain on the military health care system, Defense Department health and personnel officials told members of Congress April 21.

"Rising health care costs are not unique to the military health system; it's a national concern, and we are struggling with it," Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, said in testimony before the personnel subcommittee

of the Senate Armed Services Committee.

David S. C. Chu, undersecretary of defense for personnel and readiness, also testified at the hearing. He said rising costs can also be attributed to increased enrollment in TRICARE benefit programs.

Chu said improvements in TRICARE benefits have made the health plan "widely accepted" by service members, retirees and their families.

And, he added, "others seek to join this program," referring to retirees over age 65, who joined TRICARE for Life, and Reservists, who can begin enrolling in TRICARE Reserve Select this month.

However, he said, the popularity of TRI-

CARE programs has brought with it "substantial cost."

Winkenwerder pointed out that expenses for TRICARE have grown rapidly, doubling over the past five years from \$18 billion to nearly \$36 billion this year. If the current trend continues, the program's total budget could top \$50 billion within five years, he said.

By 2010, Winkenwerder estimated, approximately "70 percent of the health budget will be spent caring for retirees."

"The facts show that our expansion of health benefits, such as those for our senior retirees, underlies the growth, and that

See **HEALTH CARE** on Page 4

# Recruits reporting by May 30 can get up to \$20,000 bonus

**FORT KNOX, Ky.** — Qualified active Army recruits who are willing to report for training by May 30 may be eligible for seasonal enlistment bonuses up to \$14,000, which may be combined with other existing Army bonuses for a total of up to \$20,000.

Qualified applicants who enlist in any active Army military occupational specialty for three or more years are now eligible for a seasonal bonus of up to \$14,000 if they agree to report to training by May 30, according to U.S. Army Recruiting Command officials. They said this bonus, available to applicants with and without

previous military service, was previously only available for high-priority job specialties.

Recruits who enlist for cash bonuses totaling more than \$10,000 will receive their initial payment of \$10,000 upon successful completion of initial entry training. The remaining bonus amount will be paid in annual increments. Enlistment bonuses totaling less than \$10,000 will be paid in one lump sum upon successful completion of initial entry training.

For more information, go to goarmy.com.  
(Source: U.S. Army Recruiting Command)

# Briefs cont. . . .

**Volunteer of the year**

The Installation Volunteer Advisory Council will host the annual Installation Volunteer Recognition ceremony and reception May 11 from 10 a.m. to noon at the Sam Houston Club. For more information, call the Installation Volunteer Coordinator at 221-2705 or 221-2418.

**Camp Bullis User Conference**

The Camp Bullis User Conference will be held May 5 from 7 a.m. to 4 p.m. at the Camp Bullis theater, Building 5900. The Outdoor Recreation Center will provide snacks and lunch. For more information, call 295-7592, 295-7686 or 295-7616.

## Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Suite 4, Fort Sam Houston, Texas 78234-5004, telephone (210) 221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The



editorial content of this publication is the responsibility of the director of public affairs. The News Leader is published by Prime Time, Inc., The Herald Newspaper Group, 17400 Judson Road, San Antonio, Texas 78247, telephone (210) 453-3300, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston public affairs office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to news.leader@samhouston.army.mil or turned in on a floppy disc accompanied by hard copy, by noon Monday.

**Army Medical Department Center and School and Fort Sam Houston Commander**  
Maj. Gen. George W. Weightman  
**Garrison Commander**  
Col. Garry Atkins  
**Public Affairs Officer**  
Phillip Reidinger  
**Public Information Officer**  
Yolanda Hagberg  
**Editor/Writer**  
Elaine Wilson  
**Staff Writer**  
Shadi May  
**Layout Artist**  
Lori Newman



# Vaccinations — Fort Sam Houston Gate Map

Continued from Page 1

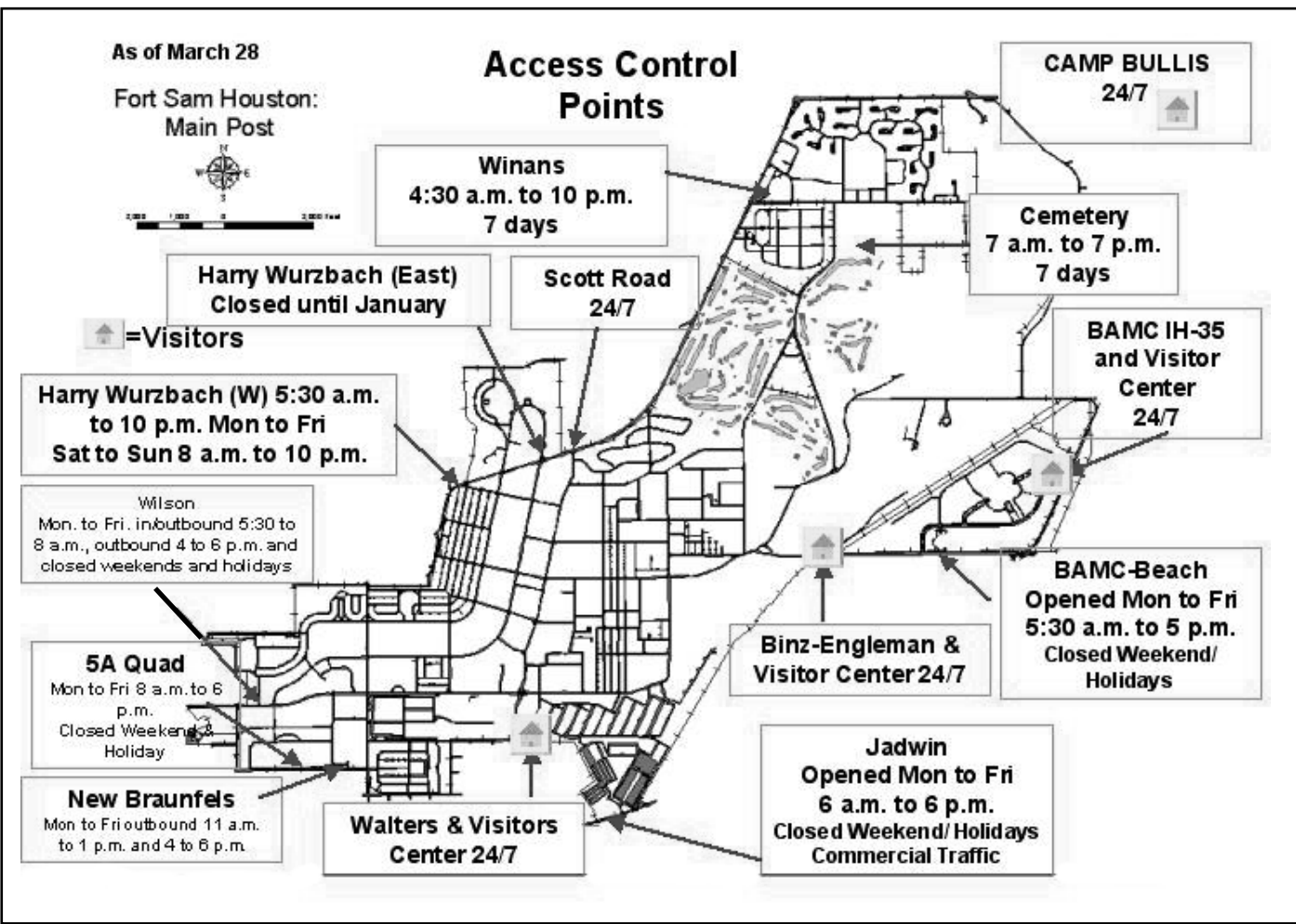
troops, checking their immunizations records each fall when they receive their flu shots to ensure they're current. Grabenstein said reserve component troops generally require more shots than their active component counterparts when preparing for deployments.

When entering the military, all troops receive a basic list of immunizations: meningococcal; tetanus and diphtheria; measles, mumps and rubella; and poliovirus. Other vaccines are frequently prescribed for travel to specific international locations or for certain occupations, Grabenstein said.

Other vaccines protect against bioweapons such as anthrax and smallpox. The Defense Department put its anthrax vaccination program on hold last fall pending legal challenges, but supports findings that the vaccine is safe and effective.

Grabenstein said mandatory immunizations for military protect the fighting force and keep it fighting, much as body armor does.

Since the first vaccine against smallpox was introduced in the late 1700s, he said, no other medical technology has surpassed immunization in protecting people against disease. "It's the biggest success story in all of medicine," he said.



## FSH Staff Judge Advocate office to celebrate Law Day

By Capt. Kathrine Evans  
Fort Sam Houston Office of Staff Judge Advocate

Law Day is a national event, held on or around May 1 every year, designed to remind Americans of our heritage of liberty under law and alert them to the role that they play as citizens in protecting and preserving our freedoms.

Law Day 2005 will celebrate the American jury. Having a jury of one's peers is a cornerstone of American democracy, and trial by jury is guaranteed in the Fifth, Sixth, and Seventh Amendments of the U.S. Constitution.

In fact, the Declaration of Independence specifically pointed out that King George III had deprived Americans, "in many cases, of the benefits of trial by jury." Few activities in civic life provide the kind of direct contact

with our democracy as provided by jury service. The decisions made by jurors every day affect millions of lives and have a profound impact on our society. By giving so much power to jurors, we reinforce our belief that everyday people can make the right decision and that we are an open, democratic government.

To celebrate Law Day, Fort Sam Houston SJA office will host a golf tournament at the Fort Sam Houston Golf Course May 6 at 1 p.m. All those affiliated with a JAG office or other local legal offices are invited to attend. The SJA office will also sponsor a mock trial, Scott Walker vs. Tanya Brewster, at Cole High school May 5. The case will deal with issues of negligent storage of a handgun and negligent supervision of a minor.

For more information, call 221-2282.

## Consultant initiative begins for redeploying Soldiers

By Jack L. Gillund  
Community and Family Support Center Public Affairs

ALEXANDRIA, Va. — Following the success of a pilot program in Europe, an Army initiative that provides informal support to Soldiers returning from deployments and their family members began in earnest this month.

The "Soldier and Family Life Consultants Initiative" offers free, anonymous reunion and reintegration support to active-duty Soldiers, along with those from the National Guard and Army Reserve, and their families.

The U.S. Army Community and Family Support Center is responsible for administration and coordination of the program. Health Net Federal Services will serve as the contractor.

"The support will be in the form of individual and group training, consultation and referral services, and will augment existing Army services," said Jay Burcham, chief of Deployment Readiness for Family Programs at CFSC. "The reunion and reintegration period after an extended deployment is a critical time for a Soldier and families. The life consultants will provide the

training and skills to make this period easier." While life consultants are not members of the Army, they are experienced in family matters, relationships, raising children, substance abuse, good-byes and homecomings. Services offered include workshops, group discussions, personal consultations, activities and organization tips.

SFLC will work with Army Community Service offices on installations as well as with local communities to provide services to individuals in need. Health Net will provide licensed social workers and psychologists who will offer informal support to assist units, rear detachment commanders, Soldiers and their families during pre-deployment and post-deployment phases.

"We need to make sure that we give our Soldiers and families all the support they need to make them successful," said Delores Johnson, director of Family Programs at CFSC.

Installations taking part in the initial phase of the program are Camp Shelby, Miss.; Fort Bragg, N.C.; Fort Dix, N.J.; Fort Hood, Texas; Fort Buchanan, Puerto Rico; Fort McCoy, Wis.; Fort Benning, Ga.; Fort Riley, Kan.; Korea and National Guard and Army Reserve units in Hawaii, Arkansas and Idaho.

## Showtime at BAMC



Photo by Norma Guerra

The Marine Forces Reserve Band of New Orleans, the 3rd U.S. Infantry Regiment "The Old Guard" Fife and Drum Corps, from Fort Myer, Va., and the 82nd Airborne All American Chorus from Fort Bragg, N.C., entertained patients, beneficiaries and staff with special performances at Brooke Army Medical Center during Fiesta week. All three groups were in San Antonio to participate in Fiesta parades.

## Post seeks residents' input for tailor-made resident center

Fort Sam Houston residents can help design their own Community Resident Center, which will be located at the former Officers' Club. A survey will be delivered next week to residents to gather ideas, and the post will use the input to customize the center. A few suggested ideas include:

- Day spa
- Blimpies
- Limited exercise area
- Dry cleaner drop off
- Internet gaming zone/arcade
- Discount ticket office

Residents who would like to make suggestions prior to the delivery of the survey can go to [www.samhoustonlpc.com](http://www.samhoustonlpc.com) and click on "Comment Card." Suggestions can also be placed in the drop box in front of Building 367 or at Lincoln Military Housing in Building 367. For more information, call 270-7638 or 221-0891.

### May dates for Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are May 6 at 9 a.m. in Evans Auditorium, Building 1396, and May 19 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.



Asian Pacific American Heritage Month

Army officer paves way for fellow islanders

Story and photo by Elaine Wilson  
Fort Sam Houston Public Information Office

As people rise through the ranks, they are faced with an increase in responsibility as well as an added pressure to perform. While most leaders feel the heat only from their employees, Lt. Col. Evelyn Langford has another set of eyes upon her – 70,000 in fact.

As the first American Samoan female to reach the rank of lieutenant colonel in the Army, Langford has the high expectations, and support, of an entire island.

“It’s a great accomplishment, but I definitely feel the pressure,” Langford said.

Langford has always been a “fast burner.” Born at Travis Air Force Base, Calif., Langford and her five brothers and sisters traveled throughout the world during her father’s Air Force career. When she turned 14, her father retired and moved the family to American Samoa to be near family and friends.

Situated in the South Pacific Ocean, about halfway between Hawaii and New Zealand, the island was, at first, a culture shock for the modern family.

“It was an adjustment at first,” she said. “It’s not like the mainland, not as modern. But my family built a nice home and I really appreciated learning about my culture.”

Langford breezed through school, skipping a grade and graduating at 16. Unlike most teens, Langford knew exactly what she wanted to do.

“I always wanted to be in the military,” she said. “I grew up seeing how the military took care of my family; we never

lacked for anything. My mother was always happy and content. I wanted to have something to do with it.”

She took the Armed Forces Vocational Aptitude Test, the military entrance exam, her senior year and aced it with the highest score on the island. An Army recruiter, the only military representative on the island, came knocking almost immediately.

“He suggested I join the Reserves and ROTC at college,” Langford said. “I jumped at the opportunity.”

After two years at the local community college, she graduated with honors from Northwestern University, Okla., in 1986 with a biology degree and an Army commission in the Army Medical Service Corps.

She became a platoon leader, then a company commander, but was most proud of her stint as an Army instructor for the basic ROTC course – the first of its kind offered in American Samoa.

“There were a lot of opportunities to reach out to youth,” she said. “Many of them were intimidated by the exams or finances and felt they couldn’t achieve because of those reasons. I encouraged them to try and let them know what the military could offer. I had to fight against a difficult mind-set.”

Her quest proved successful. Four of her students earned basic ROTC scholarships and went on to the University of Hawaii and Army careers.

Langford went on to serve in staff positions, including her present job as the assistant chief of staff for Reserve Affairs, where she ensures dental support for mobilizing reservists and helps to keep dental

readiness a command priority.

A major career highlight, she said, was when she pinned on lieutenant colonel in 2003 at a ceremony attended by the governor of American Samoa.

“It was an honor to have him come here,” she said. “But with the visibility comes the expectations: Will she make the next rank?”

Langford said she is just grateful to have made it this far.

“I have a lot of gratitude for the people who encouraged me along the way,” she said. “I made mistakes and learned from them. If I’d let those things hinder me I wouldn’t be here. Great mentors were put in my path.”

In turn, Langford also has assumed the role of mentor, particularly for American Samoans. She hopes her example will bring encouragement to others.

“I’ve seen very few American Samoan officers in the Army,” she said. “There are so many more that could do very well in the military but don’t even know the opportunities exist.”

She tries to share those opportunities through speaking engagements back home.

“Things have changed,” Langford said. “There are other military service recruiters on the island now. And I’m seeing more American Samoans at military academies. Those advances wouldn’t be possible without education.”

She hopes her ongoing membership in



Lt. Col. Evelyn Langford, assistant chief of staff for Reserve Affairs, reviews paperwork with Norma Cramer, administrative assistant.

Asian Pacific American Heritage committees will bring education to the community, as well.

“I enjoy bringing awareness of other cultures to the community,” she said. “Most people have a limited knowledge of the many cultures under the Asian Pacific American umbrella. There are Koreans, Vietnamese, Asian Indian, Chinese and Japanese and about 30 more nationalities. It’s not just hula dancers.”

Although Langford has come a long way from American Samoa, the expectations and pressure of its people hit a lot closer to home.

“I’m going to go as far as I can,” she said. “I always try my best for my family, but also for the island of American Samoa.”

Army Medical Specialist Corps celebrates 58th birthday at BAMC



First Lt. Rachel Villarreal, Brooke Army Medical Center dietician, cuts the celebratory first slice of cake commemorating the Medical Specialist Corps’ 58th birthday at an April 15 ceremony at BAMC.

Story and photo by Mike Dulevitz  
Brooke Army Medical Center Public Affairs

The U.S. Army Medical Specialist Corps celebrated its 58th birthday at a ceremony April 15 at the Brooke Army Medical Center dining facility.

Col. Bonnie J. DeMars, MSC chief, welcomed and thanked the celebrants and gave a brief talk about the corps’ history.

“The corps’ legacy of service is rich and robust,” DeMars said.

The affiliation between the MSC and the Army began in 1917 when Maj. Gen. William Gorgas, the Army Surgeon General, sponsored the Executive Order, which authorized the civil service to employ three medical specialties as civilians within the Army Medical Department for the duration of World War I. The MSC first comprised occupational therapists, physical therapists and dietitians. In its early days, it was solely a “woman’s world.”

Though their contributions were many, it was not until Public Law 828 was passed by

Congress in December 1942 that the specialties received military status.

After World War II, their contributions were considered indispensable to the efficient operation of an Army hospital. This soon became not only the consensus of the Army, but also of other government agencies and the civilian health care worlds as well.

The MSC’s status was affirmed April 16, 1947, when President Harry Truman signed Public Law 80-36 establishing the Women’s Medical Specialist Corps. Maj. Emma Vogel was its first appointed chief Dec. 5, 1947.

The next stage of the MSC was set Aug. 9, 1955, when Public Law 84-294 authorized the commissioning of male medical specialists.

The role of the corps was expanded Feb. 4, 1992, when the physician assistant specialty was added to the list of professions in the MSC. This is the way it remains today.

“On the 58th anniversary, it is important for us to remember the pioneers who led us to this point as we continue to move into an exciting future,” DeMars said.

Health care

Continued from Page 1

growth could put today’s operations and sustenance at risk,” he said.

In addition, the expansion of health care benefits to retirees has led to increased pharmacy costs. Winkenwerder said the cost of TRICARE’s pharmacy program has increased 500 percent since 2001, with costs approaching \$6 billion this year.

He said the department is trying to control some of those costs by implementing “performance-based” budgets and improving TRICARE’s pharmacy program with a new formulary and using federal pricing for its retail pharmacy network.

In addition, he said, TRICARE contracts are now designed to “leverage private-sector methods” in order to control

purchased health care costs.

Still, he added, management actions alone, even dramatic ones, “will not stem the rapid growth spending.”

“That is because benefit expansion and rising utilization are the driving forces in sending these costs upward,” he explained.

Winkenwerder said part of TRICARE’s problem is that the program’s benefit structure has not kept pace with changes in the private sector or industry. For example, enrollment fees and cost shares for TRICARE have not increased in a decade, he said.

Winkenwerder pointed out that while TRICARE cost shares have remained “unchanged” over the past five years, those for private health care firms have risen significantly. For instance, cost

shares for Kaiser Permanente Mid-Atlantic region rose 57 percent, and those for Blue Cross Standard rose 87 percent.

“This has persuaded a growing number of our beneficiaries to drop their private coverage and to fully rely upon TRICARE,” he said.

Winkenwerder cautioned the committee that the “low out-of-pocket costs and outstanding benefit” that TRICARE provides will drive “all of our retirees (to) rely on TRICARE instead of their employer-based plans in just a few years.”

“Simply put, we face a tremendous challenge with a benefit design that does not always reward the efficient use of care,” he said. “And that is increasingly out of step with employer plans.”

However, he told the sub-committee,

the department is looking at “viable options” to contain costs.

One possible option, according to Chu, would be establishing a health-savings plan for military families, similar to the one Congress authorized for DoD civil service employees. “We are looking hard at how you would offer (such a plan) on a voluntary basis – again, your choice – to military households,” Chu said.

Chu said he has asked the department to look into the issue. Although, he added, such a plan would likely need statutory authority from Congress. “The military benefit is called out in a separate set of statutes and governed by those statutes,” he said. “So if we were going to offer a thoughtful health-saving account plan we would need some additional statutory authority.”



# Army goes live with high-tech home-based child care

By Shadi May  
Fort Sam Houston Public Information Office

The U.S. Army Family Child Care Program now offers the ArmyFCC.com — a Web-based information and referral tool for parents considering using FCC.

The FCC Program provides military members or qualified civilians a home away from home for their children through military family members or independent contractors in individual housing units located on a military installation, in government-controlled housing off the installation or civilian housing off the installation.

The Army has long been offering child care options to military members and qualified Department of Defense employees through its Army Child and Youth Services.

Army CYS developed the world-wide ArmyFCC.com as a way to increase awareness of FCC as a high quality care option for parents. The program includes a public section on the Web describing each installation’s FCC program and a secure section (only available at CYS Central Enrollment Registry office) with an in-depth profile of each provider at the installation.

“We hope ArmyFCC.com will allow parents to view the program in a way they haven’t been able to do before,” said Marilyn Judge, director of Fort Sam Houston FCC. “Getting information out to the perspective parents is very helpful to us, parents and providers.”

A virtual tour of an FCC home offers parents, who may be reluctant to visit a series of homes in order to make a selec-

tion, pictures and information they need to know to make an important decision.

“It’s making our referral process much more efficient,” added Judge. “The providers will make their own updates from their home computers.”

The Web site also allows the providers to tell, in their own words, what they do and what is important to them and gives each one an equal chance to impress prospective parents.

“It is an opportunity for us to showcase our homes and really introduce ourselves as independent businesses,” said Shawn Lowery, an FCC child care provider at Fort Sam Houston. “The program helps break the babysitter stereotype, moving us to a new category.”

The secure section offers protection to both the providers and the parents so that only eligible parents can view provider information.

The Central Enrollment Registry staff at each installation will assist in the search process and can answer questions parents may have about individual FCC provider profiles. To make it a fair process for all families, parents must request child care through the installation’s CER office.

Although ArmyFCC.com gives parents an advance start in selecting the best placement for their child, it does not guarantee a space in a specific home, and parents should not use ArmyFCC.com as a substitute for the parent and provider interview.

As the number of temporary duty trips and deployments rises, the FCC program makes life easier for Soldiers and their



Photo by Elaine Wilson

Shawn Lowery, a Family Child Care provider, and her son, “Q,” entertain children with a train table. Lowery is among 32 Fort Sam Houston FCC providers benefiting from ArmyFCC.Com’s Web-based referral program.

diverse work hours by offering full-day, part-day and hourly care. FCC’s special services include 24-hour and long-term care during mobilization and training exercises, evening and weekend care, and care for special needs children and mildly ill children.

In order to benefit from any CYS programs, to include FCC services, families must complete a registration process and pay a registration fee, but it is not necessary to complete the registration process to place a child’s name on the waiting list.

The installation Central Enrollment

Registry office follows DoD, Army and installation policies for managing waiting lists. When a child’s name comes to the top of the waiting list, a CYS registration clerk will contact the parent to offer the vacancy and provide information on the process of selecting a program or individual provider.

“I think it’s great that the providers are getting this kind of support and attention,” said Judge. “They put in long hours to provide child care, and they are not as visible as an activity taking place in a facility. It gives them proper exposure.”

# AAFES dividends benefit Fort Sam Houston MWR

The Army and Air Force Exchange Service has announced that it is returning \$242.3 million to the services’ Morale, Welfare and Recreation programs. For 2004, this dividend represents an average per capita dividend of \$277 for every Soldier and Airman, a five percent increase over 2003’s dividends.

“AAFES’ mission is to provide goods and services at competitively low prices and generate earnings to support MWR programs,” said AAFES Commander Brig. Gen. Toreaser Steel. “These contributions to the U.S. Armed Forces and their families make AAFES a major non-pay benefit to customers.”

Fort Sam Houston’s MWR facilities are among the military installations benefiting greatly from AAFES’ contributions.

“Every time troops shop at the exchange, they provide support to MWR programs, facilities and non-appropriated fund construction projects such as bowling and youth centers, golf courses and outdoor recreation,” said Fort Sam Houston AAFES general manager Tom Goodloe.

The total Fort Sam Houston dividend of \$1.7 million is critical to Army MWR’s ability to enhance its local programs.

The value AAFES offers the military community extends far beyond its ability to provide quality merchandise and consumer services. With the help of its dividends, MWR, Community and Family Support Center and Air Force Services have completed hundreds of community enhancement projects at Army and Air Force installations around the world. AAFES will continue to focus its efforts on providing value by offering low-cost shopping options and delivering an annual dividend.

Historically, roughly 67 percent of AAFES earnings are paid to MWR programs. In the past 10 years, more than \$2 billion has been contributed by AAFES to the Army and Air Force to spend on quality of life improvements for Soldiers, Airmen and their families. AAFES support to the military is not limited to Soldiers and Airmen. Because AAFES operates at Marine and Navy locations, AAFES is also able to return funds to Marines and Sailors. The fiscal 2004 dividend of



Courtesy photo

Col. Bradley D. Freeman, 32nd Medical Brigade commander, presents a certificate of appreciation to Tom Goodloe, general manager of Fort Sam Houston Army and Air Force Exchange Service, for his support of the brigade’s Fiesta Fever competition during the Fort Sam Houston Fiesta April 17.

\$242.3 million will distribute \$147.5 million to Army, \$82.3 million to Air Force, \$11.9 to Marines and \$.6 million to Navy.

“We are proud of our partnership with NEX-COM (Navy Exchange) and MCX (Marine Corp Exchange),” said Steele. “I know I speak for all Exchange associates when I say that the end-of-year dividend is extremely important. It makes the day-to-day sacrifices much more gratifying when you see the financial benefit Soldiers, Airmen, Marines, Sailors and their families will reap from all the hard work.”

Troops are not the only ones who can enhance the annual dividend AAFES provides MWR services. Civilians (non-authorized exchange customers) can also contribute by purchasing “Gifts from the Homefront” gift certificates or “Help Our Troops Call Home” phone cards. Both programs (available online at [www.aafes.com](http://www.aafes.com)) allow anyone to make a direct contribution to the morale of troops by sending a gift certificate or phone card that can be used in any AAFES retail or phone center operation in the world.

To find out more about AAFES, visit <http://www.aafes.com/pa/default.asp>.

(Source: AAFES)



### Spotlight your unit


The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or stop by the office in Building 124 (second floor).

### WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

### IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this new service. For more information, call 221-1612.



# 187th Med. Bn. thanks student FRG leader for contributions

By Capt. James Jones  
A Company, 187th Medical Battalion

Natalie Blount, Student Family Readiness Group leader for the Interservice Physician Assistant Program, was recognized for her contributions to the group.

Col. William Tozier, senior Army physician assistant, presented Blount with a coin of excellence and a certificate of achievement April 13.

“The IPAP FRG is designed to provide an avenue of support, assistance, communication and socialization,” Blount said. “All members of IPAP and their families (including single students) are welcome to join. FRGs bring military families together to provide information, moral support and social outlets when their Soldier is away from home.”

Recent FRG events for the PA group were a luncheon and egg hunt for Easter and regular play groups.

The student FRG also raises money for cancer research, coordinates fundraisers to improve their program and provides education about support services available to family members.

“On behalf of the entire chain of command, I want to personally thank Natalie Blount, Milly Briseno, Sharon Warshaw, Tina Kandle, Jennifer Jones and 1st Lt. Henry Schnedler for making this organization successful and very beneficial,” said Lt. Col. John M. Collins, 187th



Courtesy photo  
Natalie Blount, Student Family Readiness Group leader for the Interservice Physician Assistant Program, displays her certificate of achievement with Col. Sherry Morrey and Col. William Tozier.

Medical Battalion commander.

“Our goal is to put together an FRG that will be a sustained effort which will be handed down to the new, incoming classes as the seniors graduate,” Blount said.

For more information about the PA student FRG, e-mail [IPAPFRG@yahoo.com](mailto:IPAPFRG@yahoo.com) or call Schnedler at 221-8318.





**Photo by Yolanda Hagberg**  
Olivia Mendoza models her Fiesta medals.

# ‘Wheel and deal’ for Fiesta medals

**By Olivia Mendoza**  
**Fort Sam Houston Public Information Office**

If you attended Fiesta events this past week, you may have noticed people wearing decorative medals on their shirts, sashes and vests. You may be wondering how they get those medals and why they are so popular? For some people, it has become a hobby; while others collect them because they love Fiesta. Regardless of the reason, Fiesta goers today have made Fiesta medal trading fun as they “wheel and deal” for new and old medals. Recently, many corporate organiza-

tions have joined the Fiesta medal fad and are helping to support nonprofit fundraisers by offering their medals for sale.

It is believed that coins were handed out by local Fiesta “kings” since the mid 1940s, but in 1971, Charles Orsinger was crowned Fiesta King Antonio XLIX, introduced his coin on a lapel ribbon and produced only 250 medals to distribute to the public.

In 1985, the Fiesta San Antonio Commission produced its very first Fiesta poster pin and in 1991, the Battle of Flowers Association Centennial issued a special medal to commem-

orate the Texas flower of the year.

In 1995, Cal Sumner was elected and dubbed as the Fiesta “Hat King.” He and his brother designed the first “homemade” Fiesta medal. Sumner says, “barter medals, but keep in mind to be playful and have fun, and to be courteous to others when trading.” Today, he and his brother have collected more than 1,000 medals by participating at numerous Fiesta events.

If you feel left out because you didn’t get all the medals for your collection this year, start planning for next year. Get creative and design your own medals to trade.



**Post Pulse:** Teacher Appreciation Week is May 1 to 7. Which teacher had an impact on your life?



*“My mother; she home schooled me for a few years in Germany. She gave me a passion for reading and made education fun.”*  
Capt. Kristina Letcher  
Office of the Staff  
Judge Advocate



*“My freshman English literature teacher; she believed in my abilities.”*  
Spc. Jeremy Bryant  
U.S. Army  
Garrison



*“My 11th grade English teacher; everyone was afraid of her but I learned a lot from her.”*  
Patricia Bundara  
Army  
Community Service



*“My senior year gov- ernment teacher; he would talk to you, not just teach straight out of a book. He taught us about life.”*  
Sgt. 1st Class  
Stephanie Cole  
U.S. Army Garrison

TROOP SALUTE

187th Medical Battalion



**Officer of the Week**  
**Name:** Capt. James J. Meckel  
**AOC:** 72B, medical entomologist  
**Hometown:** Guthrie, Okla.  
**Time in service:** 13 years  
**Future goals:** Ph.D. in medical entomology and climb Mount Kilimanjaro before the ice cap melts.  
**Why did you volunteer for service?** Joined to have the opportunity to serve my country and travel the world.  
**Latest accomplishment:** Graduating the Preventive Medicine Course and being nominated the Best Student Leader.



**Soldier of the Week**  
**Name:** Pvt. Eugene Wise  
**MOS:** 91G, patient administration specialist  
**Hometown:** Atlanta, Ga.  
**Time in service:** 11 months  
**Future goals:** Bachelor’s degree in accounting  
**Why did you volunteer for service?** I volunteered to better myself as a person and a man.  
**Latest accomplishment:** Got married Dec. 29, 2004

232nd Medical Battalion



**Soldier of the Week**  
**Name:** Pvt. Kimberly M. Artrip  
**MOS:** 91W, combat medic  
**Hometown:** Clarksville, Tenn.  
**Time in service:** Six months  
**Future goals:** To graduate M6 and go back to college to finish bachelor of science in nursing  
**Why did you volunteer for service?** To support my family, benefit from services the Army offers and family tradition.  
**Latest accomplishment:** Winning Soldier of the Week



**Junior Leader of the Week**  
**Name:** Pvt. John Sifert  
**MOS:** 91W, combat medic  
**Hometown:** Fargo, N.D.  
**Time in service:** One year  
**Future goals:** To graduate 91W course, attend college, get married and start a family  
**Why did you volunteer for service?** A lot of my family has served in the military, and I want to serve in the Army, too.  
**Latest accomplishment:** Completing basic training



# SPORTS

## SPORTS BRIEFS . . .

### For the Soldier Golf Tournament

The Alamo Chapter of the Association of the United States Army will sponsor its eighth annual “For the Soldier” Golf Tournament June 27 at the Fort Sam Houston Golf Course. Cost is \$75 for non-club members and \$55 for members. Soft spikes are required. All proceeds will be used to benefit Soldiers and their families. For more information, call (830) 228-5482 or e-mail [director@alamochapterausa.org](mailto:director@alamochapterausa.org) or go to [www.alamochapterausa.org](http://www.alamochapterausa.org).

### Fisher House golf tournament

The 5th Annual Fisher House Charity Golf Tournament will be May 12 at the Fort Sam Houston Golf Course on Harry Wurzbach Highway. The event is four player scramble. Registration is at 11 a.m. with a 1 p.m. shotgun start. The \$65 entry fee includes a casual dinner and awards ceremony immediately following the tournament. The awards dinner is \$13 per person. For more information, call Nikki Hendrickson at 862-3972 or Kim Taylor at 241-2475. Entry forms can be picked up at the Golf Course, Post Gym or in the Brooke Army Medical Center Medical Mall across from the pharmacy.

### Track and field registration

The Fort Sam Houston Amateur Athletic Union Track and Field Club registration will continue through May 20. Registration is open from 10 a.m. to 7 p.m. at the Youth Center, Building 1630, for 5- to 18-year-olds. Fees are \$75 for military, retirees and Department of Defense personnel, and \$85 for civilians. Uniforms will be provided. Practice days are Mondays, Wednesdays and Thursdays from 5:30 to 7 p.m. at the Cole High School track. Military and DoD personnel must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513, or Coach Avery Chester at 279-4366.

### Basketball camp

The Ten Star All-Star Summer Basketball Camp is accepting final applications from 10 to 19-year-olds. Past participants include Michael Jordan, Tim Duncan and Vince Carter. College basketball scholarships are possible for players accepted to the All-American Team. For more information and camp locations, call (704) 373-0873.

## Strike Force lifts its way to championship

**Lt. Col. Jon “David” Mullins**  
**90th Command Readiness Team**

Team Strike Force is carving a niche in the Texas powerlifting scene. In two separate meets this month, Strike Force displayed the strength and skill that it takes to win meets and shatter state records.

Mike Cox represented the team at the American Powerlifting Federation’s Texas State Championship in Round Rock, Texas, on April 10. Cox was one of more than 150 lifters that participated in this year’s event.

Cox broke the APF Texas state squat record with a 462 pound squat in the Master’s I Division 165 weight class. He had to take a “token” lift in the bench event due to an injury he sustained during training. In spite of this setback, Cox managed a 225 bench press which kept him in the competition for the final event of the day, the deadlift.

Cox was very close in breaking the state deadlift record with a 462 pound pull. The state record for his division is 485. The man of steel finished the day with a 1,152 pound total. This represents a 150 pound increase over his last competition this past December (even with a token bench).

Austin, Texas, felt the ground rumble April 23 as the warriors from Strike Force hit the platform at the United States Powerlifting Federation’s 2005 Texas State Championship.

The day began when newcomer Chase Kelley made his first lift of the day and continued flawlessly throughout the day. Cassandra Colondres closed the day with a 325 pound deadlift.

Len Gruppo and Brian Flannery are two more first time lifters on the powerlifting platform. Gruppo made a strong finish after recovering from a broken ankle less than two months ago.



Photo by Donna Gruppo

Brian Flannery, a powerlifter with Team Strike Force, executes a perfect 515 pound squat April 23 at the United States Powerlifting Federation’s 2005 Texas State Championship.

Only 21, Flannery brings 297 pounds of muscle to the junior division that will undoubtedly stir up the competition in future meets. Flannery broke the state deadlift record in the junior division (ages 20 to 23) with a 542.5 deadlift.

The seasoned lifters of the team went through their paces like pros and led the way for rest of the team. Scott Webb kept the team running smoothly throughout the day and made sure each lifter was ready for their lift. When the dust settled and the last weight hit the platform, Team Strike Force emerged victorious as the new USPF Texas State Champions.

NAME	CLASS/ WEIGHT	FINAL PLACING
Ray Baxter	Masters/198	first
Cassandra Colondres	Open/181	first
Brian Flannery	Juniors/308	first
Len Gruppo	Masters/220	third
Dane Harris	Submasters/275	first
Marty Hilliard	Masters/ 198	third
Chase Kelley	Teen/165	first
David Mullins	Masters/220	second
Randy Pike	Open/275	first

# RELIGIOUS HAPPENINGS . . .

## OCF Bible study

The upcoming Officers’ Christian Fellowship Bible study sessions will be Friday and May 13 at 1008 Gorgas Circle near the old Brooke Army Medical Center. Dinner is at 6 p.m., and class is at 7 p.m. For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

## Recreation for moms

Protestant Women of the Chapel will host a “Day in the Park” for Fort Sam Houston moms Wednesday from 9:30 a.m. to noon at Joske pavilion by the playground. Lunch will be provided along with tickets for the train ride through the park. This outreach program is funded by the chapel. For more information, call Lois Griffith at 226-1295 or Carolyn Wafford at 271-3661.

## Wives of warriors

Deployed Spouses Support Group in affiliation with Protestant Women of the Chapel meet every second and fourth Wednesday of the month at the Dodd Field Chapel at noon for worship, fellowship and support. For more information, call Wendy at 559-3497 or e-mail her at whfeagler@yahoo.com.

# INTERFAITH CALENDAR . . .

**Sunday:** Easter/Pascha Orthodox Christian

**Sunday:** Beltane – Wicca celebration of the conjoining of the goddess with the energy of the god in the sacred marriage which is the basis of all creation.

**Tuesday:** Ascension of Christ – Catholic Christian – Christian recognition of the departure of Jesus from Earth after the resurrection. It is perhaps the earliest observed celebration in Christianity. It is observed with worship including prayers and music.

**Tuesday:** National Day of Prayer - Ecumenical

**Wednesday:** Yom Hasho’ah \* - Jewish Holocaust Day. The day has been established to remember the 6 million Jews killed by the Nazis from 1933 to 1945. It is observed by many non-Jews as well.

**May 8:** Mother’s Day - Ecumenical

**May 15:** Pentecost - Christian observation of the day when God the Holy Spirit came to the disciples in the forms of tongues of fire and rushing wind. It is a traditional day for baptism and confirmation of new Christians.

**May 22:** Trinity – Catholic Christian — Christians honor the belief in one God with a threefold nature.

\* Usually begins at sundown the day before this date.

\*\* Local customs may vary on this date.



# Customers can voice their opinion through MWR survey

Fort Sam Houston is participating in the Army-wide 2005 MWR Leisure Needs Survey to provide better Morale, Welfare and Recreation programs to military community members.

The survey will obtain valuable information about customer leisure activities, and the use and satisfaction of MWR facilities and programs. The survey is a key source of information for MWR managers, local commanders and the senior Army leadership. Survey data is used in program planning

and decision making to improve MWR activities.

The survey will be distributed to active duty Soldiers, spouses, civilian employees and military retirees. Soldiers and civilian employees selected through random sampling distribution will receive a survey through their unit or work-place. The survey will be mailed directly to spouses and military retirees.

For more information on Army MWR, visit [www.armymwr.com](http://www.armymwr.com).

## Need an ID Card?

The ID Card Office, located in Building 367, accepts appointments from 1 to 3:30 p.m., Monday through Friday. Normal walk-ins are from 7:30 to 11 a.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID Card at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRI-CARE Office. To schedule an appointment, call 916-0838.



# Smoke-free is way to be

By Capt. Johnny King III  
Brooke Army Medical Center Health Promotions

Embracing healthy behaviors such as eating nutritious foods, being physically active and avoiding or quitting tobacco can prevent or control the destructive effects of many diseases. Brooke Army Medical Center’s Health Promotions is committed to offering educational activities that help individuals to adopt health behaviors. One of those behaviors is being smoke-free.

According to the Centers for Disease Control and Prevention, cigarette smoking is responsible for more than 440,000 deaths each year, and over 8.6 million people in the United States have at least one serious illness caused by smoking. The Department of Health and Human Services reported that smoking is responsible for more deaths than AIDS, heroin, alcohol, fire, automobile accidents, homicide and suicide combined.

Despite the well documented harmful effects, smoking continues to be a major problem for civilians and Soldiers.

According to the CDC, 22 percent of all Americans over the age of 17 smoke. The 2002 Department of Defense Survey of Health Related Behaviors found that 34 percent of Army personnel smoke.

One of the best ways people can protect their health is to be smoke-free or to quit smoking. Smoking cessation has major and immediate benefits for men and women who smoke, regardless of their age. Also, people with smoking-related disease can benefit from smoking cessation as well as people who do not have a smoking-related disease. Most people who smoke want to quit, but it is difficult to quit alone. Health Promotions can assist. To learn more about tobacco cessation, call 916-3352 to sign up for the “Getting Ready to Change” class. This one-time, no obligation class is designed to provide information about tobacco and various tobacco cessation methods. Those who are interested in participating in smoking cessation can enroll in the Tobacco Cessation Program after attending the “Getting Ready to Change” class.

## Army Community Service Family Advocacy Program Class Schedule – May 2005

Class	Dates	Time
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday, 10, 17, 24 and 31	9 to 11 a.m.
Truth or Consequences?	Tuesday, 10 and 17	4:30 to 5:30 p.m.
Girl Talk!		
Ages 6 to 8	Wednesday	3 to 4 p.m.
Stress Management I and II	5 and 12	1 to 2:30 p.m.
Teen Talk	5, 12, 19 and 26	4 to 5 p.m.
Building Effective Anger Management Skills Series (5 to 6)	5, 12, 19 and 26	11 a.m. to 12:30 p.m.

To sign up for classes or for more information, call the ACS Family Advocacy Program at 221-0349 or 221-2418.

## Health Promotion May Class Schedule

CLASS	DATE	TIME
Diabetes Education	Monday and Tuesday	12:45 to 4:30 p. m.
Colonoscopy	Tuesday	10:30 to 11:30 a. m.
Office Yoga	Wednesday	12 to 1 p. m.
Weigh to Stay	Wednesday	3 to 4 p. m.
Weigh to Health	6	12 to 1:30 p. m.
Breastfeeding Support Group	6	1 to 2:30 p. m.
Adult Asthma	6	2 to 3:30 p. m.

Schedule Diabetes Education through the Internal Medicine Clinic at 916-0794.  
Schedule Way to Stay and Weigh for Health through Nutrition Care Division at 916-5525.  
Colonoscopy requires a consult from your primary care manager to Gastroenterology Clinic.

## Smoke-free and courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your “wings.”

Health Promotion Center  
Room L31-9v, BAMC  
916-3352 or 916-5538





# Military marches to the b



**Photos by Esther Garcia**  
The Army Medical Command “Sin Limites” Latino band perform on the Fort Sam Houston barge during the Texas Cavaliers River Parade April 18. The band was a crowd pleaser with their energetic merengue and salsa music. The Latino Band, a favorite among the San Antonio community, supported numerous Fiesta activities.



Sgt. Nirettze Velez, Fort Sam Houston military ambassador, welcomes Fiesta Royalty, Queen of Soul and her court. Velez explained the use of float decorations to describe military missions in San Antonio.



Lt. Gen. Robert T. Clark, Fifth U.S. Army commander, waves to the crowd during the Battle of the Flowers parade April 23. Clark was the military coordinator for this year’s Fiesta events. The San Antonio Fiesta Commission dedicated Fiesta 2005 as a special salute to the military community.



Staff Sgt. Noel Miles, drum major, marches the Army Medical Command band through downtown San Antonio. The band participated in the Flambeau night parade Saturday and supported more than 20 Fiesta activities.



Navy reservists and members of the Navy marching in a parade. The Navy is home to the Navy and Air Force members of Navy and Air Force.



The Joint Service Color Guard also participated in the parade. The Joint Service Color Guard also participated in the parade.



# Heat of Fiesta San Antonio



Navy and Marine Corps ambassadors celebrate Fiesta. Fort Sam Houston and Marine Corps Reserve Center. The ambassadors celebrated Fiesta with Marine organizations located in San Antonio.



Representatives from the major commands at Fort Sam Houston present wreaths at the Alamo, April 18. The Daughters of the Republic of Texas sponsor the annual Pilgrimage to the Alamo as a memorial tribute to the Alamo heroes and the heritage of Texas.



Marching band marches in the Battle of the Flowers parade. The color guard in the Flambeau night parade and supported numerous Fiesta activities.



Marching band in San Antonio during the Battle of Flowers parade. The band also performs in the San Antonio community.



Fort Sam Houston military ambassadors, Staff Sgt. Jose Rocha, 440th Blood Support Detachment, and Sgt. Nirettze Velez, Brooke Army Medical Center, represent the Army and the Air Force during the Battle of the Flowers parade April 23. The ambassadors participated in more than 60 Fiesta and pre-Fiesta activities.



# MWR

## Recreation and fitness

### MWR activities

Check out the MWR’s Web site at [www.fortsamhouston-mwr.com](http://www.fortsamhouston-mwr.com) for various fun activities throughout the post.

### Garage sale

Clean out your closets for the next garage sale May 7 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost; however, participants must pre-register. MWR provides a space in the parking lot; participants must bring their own tables or rent one at the Outdoor Equipment Center by calling 221-5224. For more information or to pre-register, call 221-2926 or 221-2307.

### Aquatic Center opens

The Aquatic Center opens for summer May 27. The 50-meter Olympic size swimming pool will be open daily from noon to 8 p.m. The center has three amusement park style water slides, a kiddy pool and locker rooms with showers. For more information, call the Jimmy Brought Fitness Center at 295-8861.

### Swimming lessons

Swimming lessons will be available at the Aquatic Center this summer from June 6 to 17, June 20 to July 1, July 11 to 22 and July 25 to August 5. For more information, call the

Jimmy Brought Fitness Center at 295-8861 or visit [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) under the recreation link.

### Free comedy show tickets

Free tickets are available from MWR for the May 13 comedy show at Sunset Station on a first-come, first-served basis. The tickets are available to Department of Defense employees 21 and older. The show is at 8 p.m. For more information, call 221-2926.

### Catfish pond at Camp Bullis

The catfish pond is open Saturdays and Sundays from noon to 6 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

### Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

### AC service at the Auto Craft Shop

Get ready for summer with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the MWR Web site at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) for a \$5 off coupon. For more information, call 221-3962.

## Dining and Entertainment

### Sam Houston Club, 224-2721

#### Mother’s Day brunch

The Mother’s Day brunch will be May 8 from 10 a.m. to 1:30 p.m. and is \$13.95 for members, \$15.95 for nonmembers. The buffet includes a complimentary glass of champagne. Reservations are recommended.

#### Comedy night

There will be a comedy night May 6 at 9 p.m. Doors open at 7:30 p.m. Tickets in advance are \$12, and \$15 at the door. A complimentary meal from 7:30 to 9 p.m is included.

#### Sam’s Sports Bar

Sam’s Sports Bar will feature San Antonio’s Hottest D.J.s Friday. The bar opens at 4:30 p.m.

#### Bingo

Come play bingo Thursday and Friday nights and Saturday afternoons. Free buffet is available for bingo players.

### Bowling Center, 221-3683

#### Unit bowling

Unit bowling is Wednesday from 3:30 to 5 p.m. and Thursday from 12:30 to 5 p.m. Active duty bowlers pay \$3 per person for unlimited bowling, with up to eight Soldiers per lane.

#### Family Bowling Day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

#### Soldier appreciation

Soldier appreciation day is Saturday from 11 a.m. to 8 p.m. The center offers free shoe rental and medium soda with purchase of game.  
**Cyber Bowl**  
Cyber Bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

### Golf Club, 221-4388

#### Junior camp 2005

Classes will be offered on putting, chipping, etiquette, safety, irons, driver and fairway and woods.

#### Golf lessons

Private customized and personalized instruction are offered at the Golf Course.

#### Pro Shop sale

Assorted bags will be 75 percent off, and assorted golf balls will be \$5 per sleeve or \$20 per dozen.

### Harlequin Dinner Theatre

The Harlequin Dinner Theatre will perform “The Nerd,” a comedy by Larry Shue, Wednesday through Saturday evenings through May 14. Discounts are available for military and students. For show times and tickets, call the box office at 222-9694.

### MWR Ticket Office

The ticket office has discount tickets available for various events. Ticket office hours from May to August are Tuesdays through Fridays 10 a.m. to 5 p.m., Saturdays 10 a.m. to 2 p.m., and is closed Sundays and Mondays. For more information, call 226-1663 or visit [www.fortsamhouston-mwr.com](http://www.fortsamhouston-mwr.com).

# CHILD AND YOUTH SERVICES

## Youth Happenings

### Summer camp registration

The middle school and teen summer camp registration is ongoing for sixth through 10th grades at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. There will be a variety of camps offered this year to include sports camp, culinary arts and computer camp. Camp will run from 6 a.m. to 5 p.m. followed by open recreation at the YC. The cost will range from \$65 to \$80 per week. Camp price includes breakfast, lunch, snack and activities during the week. Some camps have limited spaces. For more information, call Youth Services at 221-3502.

### YS shuttle unavailable

Beginning May 7, Youth Services will not have a shuttle to pick up or take children home. Parents of school age children will need to bring them to the Youth Center and sign them in and will need to pick them up and sign them out before 8 p.m. every Saturday. YS will continue to pick up youth from school Monday through Friday.

### Youth Services volunteers

YS is always looking for volunteers to assist with youth programs such as golf experts, roller hockey enthusiasts, tennis players, sports coaches, computer skilled

people and craft experts. Clerical experts are also needed. For more information, call the Youth Center at 221-3502.

### Photo club

The Photo Club will meet today from 4 to 5 p.m. Discussion will be on plans for the summer and the making of the videos for the Youth Center. For more information, call 221-3502.

### Cooking classes

Cooking classes are held every Friday afternoon from 4 to 5 p.m. This Friday, youth will make grilled potato skins.

### Youth sports registration

There are still openings for the spring baseball, softball and T-ball season. Youth Services will be open from 10 a.m. to 7 p.m. for those interested in playing this season. The cost will be \$45 for the first child, \$40 for the second and \$35 for the third child of the same family. Children must be registered with Child and Youth Services and bring a birth certificate and proof of a physical. The cost for 3- and 4-year olds first step T-ball is \$30 per child. For more information, call 221-3502 or 221-5513.

### Youth cheer clinic

The Youth Services Cheer Clinic is ongoing at the Youth Center, and the School Age Services, Building 1705, will hold a

weekly cheer clinic. There will be two different age groups: 5- to 8-year olds who will meet Wednesday from 6 to 7 p.m. and 8- to 12-year olds who will meet Mondays from 6 to 7 p.m. The cost will be \$30 per month per child. All participants must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513.

### Youth Services track registration

Youth Services track registration continues through Sunday at the Youth Center, Building 1630, from 10 a.m. to 7 p.m. Monday through Friday. Cost is \$75 per participant. For more information, call 221-3502 or 221-5513.

## Parent News

### FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

### Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full day, part day, before and after school care,

hourly care, extended hourly care and long term care. For referral information or child registration, call Child and Youth Services Central Registration at 221-4871 or 221-1723.

### CDC preschool program

The Child Development Center is conducting a survey for interest in the fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run through the school year. Lunch would be provided. To put your child's name on the preschool list, call Central Registration at 221-4871 or 221-1723.

### PAC meeting

CYS Parent Advisory Council meeting will be May 17 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn of upcoming events, meet staff and address concerns. Family Advocacy will speak on child abuse prevention.

### Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.



# Serious relationship conflicts can endanger children

By Angela Swain, Victim Advocate  
Army Community Service Family Advocacy Program

There is no such thing as a conflict-free relationship or marriage. All families, not just troubled families, experience some level of family stress and conflict.

It is important for families to recognize key issues and handle them constructively.

Raising one’s tolerance level to manage disagreements more appropriately is more effective as opposed to dismissing or eliminating a conflict as though it did not exist. Realistically, couples and families will not always agree on everything or even on most issues.

There are various factors that influence couples or family conflict.

The amount of time that a couple or family spends together will influence the frequency of conflicts. Sometimes conflict may be about the limited time the family spends together. A couple or family meet-

ing could be beneficial to address the importance of time management.

A family can engage in a variety of activities such as soccer or basketball which can lead to both positive and negative results. Yet, when considering the number of practices and actual games, it can become a bit overwhelming and can cause unhealthy conflict and lead to burnout.

A marriage that exercises a lot of power and control will tend not to encourage open couple communication. This could lead to a “battle of the sexes”, increasing conflicts or ultimately to spouse abuse.

Some couples believe what happens behind closed doors is “private.” Healthy couples’ conflicts tend to allow one another to express themselves in a positive manner without fear of repercussions. Some family dynamics have the potential to lead to family violence and communicate in unhealthy and inappropriate behaviors. There would definitely be strong beliefs about “privacy,” especially if fear and intimidation are real and lead to abuse.

Abuse is a dangerous family secret. It is hard for any victim (wife or husband) to decide to report and seek help for the crime of spouse abuse; perhaps, it is even more of a conflict for an abused military spouse. There is a fear of damaging the military career. Domestic violence does exist within military families, and also has the potential to escalate due to the heightened stress levels.

There is a reality when a spouse of domestic violence seeks help — the cycle of violence can begin to be broken. It is then that essential coordination for help can occur and marriages may have an opportunity to stabilize and survive in a healthy way.

The Army initiated the Victim Advocate Program in 1995 to assist spouses (men and women) in trouble. VAP is available to provide support services to help stabilize a family in crisis. These services include crisis intervention, securing medical treatment, safety issues, shel-

ter and specific victim needs. Advocates are supportive, not controlling or overbearing, non-judgmental and caring.

Spouses and children do not have to live in fear and wonder when the next act of physical violence will occur. Victims and survivors can choose not to accept mental and emotional abuse or put downs about their self-worth as a way of life — a destructive life style which does not build or encourage marriage partners, nor does it enable children to feel safe.

VAP can also provide encouragement and emotional support. Victims are reminded they have the right to be treated with fairness, dignity and respect. The program also will educate clients about their rights and entitlements as military spouses and equip clients with additional tools. They can intervene on behalf of victims with military commanders, Department of Social Work, legal, the Case Review Committee and other agencies.

For help or more information on VAP, call 221-0349.

## SCHOOL NEWS

### Cole Juniors qualify for scholarship program

By Dr. Gloria Davila  
FSH ISD Associate Superintendent

Cole students Caitlin Gresenz and Amy Rarig qualified for the prestigious National Merit Scholarship Program. They, along with 1 and a half million students across the nation, took the 2004 Preliminary Scholastic Aptitude Test and National Merit Scholarship Qualifying Test last fall.

Only those students with the highest scores in critical reading, math and writing skills qualified for the National Merit Scholarship Program. Because Caitlin and Amy have shown outstanding academic potential, they will be referred to the two colleges or universities of their choice for awards.

“Qualifying for the National Merit Scholarship Program is a great

achievement,” said Jackie Stott, Cole sponsor and teacher. “We are very proud of Amy and Caitlin and wish them well.”

Of the 50,000 students who qualified for the program, 16,000 students will be named as semifinalists, representing the top scorers in each state, and the other 34,000 will be commended for their performance on the PSAT and NMSQT. The final 8,200 finalists will be selected from the semifinalists and will be offered the Merit Scholarship Awards.

“Amy and Caitlin are examples of the kind of students who attend Cole High School,” said Principal Roland Rios. “Their hard work and dedication to academics is evident here and in all aspects of their education.”



Courtesy photo  
Cole High School Junior Caitlin Gresenz (left) and Amy Rarig (right) pose for a picture with principal, Dr. Roland Rios (center), after being notified they had met the requirements to enter the prestigious 2006 National Merit Scholarship Program. Caitlin and Amy will compete for one of the 8,200 nationwide Merit Scholarship Awards to be offered in 2006.

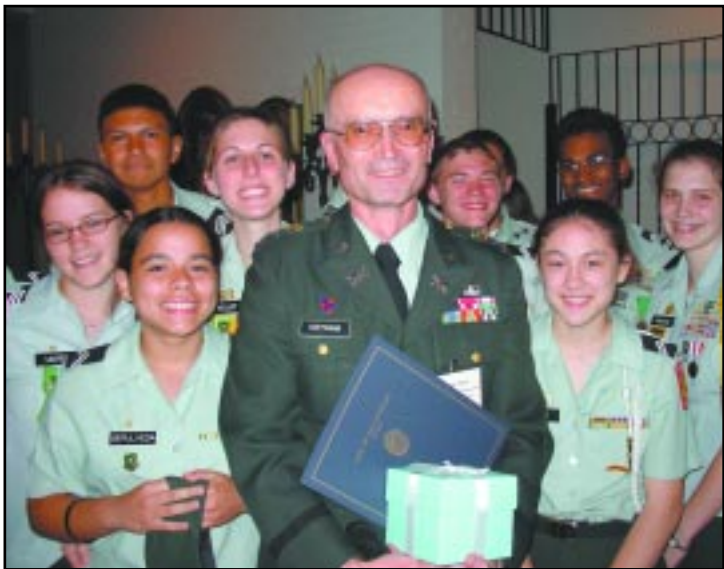
### JROTC instructor earns distinguished educator award

Story and photo by Dr. Gloria Davila  
FSH ISD associate superintendent

Retired Lt. Col. Robert E. Hoffmann, senior Junior ROTC instructor at Cole Jr./Sr. High School, was honored as Fort Sam Houston Independent School District’s nominee for the prestigious Trinity Prize for Excellence in Teaching.

The Trinity Prize, sponsored by Trinity University, the H.E.B. Corporation and the San Antonio Express-News, recognizes and honors teaching as a profession and outstanding people who distinguish themselves in their profession. Hoffmann was one of 23 distinguished educators recognized at a formal ceremony last week.

“Lt. Col. Hoffmann is an inspiration to all the students,” said Ashley Kelley, a JROTC cadet. “He not only takes time



Retired Lt. Col. Robert E. Hoffmann, senior Junior ROTC instructor at Cole Jr./Sr. High School, stands with his Junior ROTC students after he was chosen as a distinguished educator for the Trinity Prize for Excellence in Teaching.

organizing volunteers for quarterly blood drives or accompanying students to JROTC Summer Camp activities, he is always giving 100 percent of his time, energy and positive attitude to our students.”

Hoffmann received his bachelor of science from the U.S. Military Academy at West Point in 1973, a master of art degree in geography from San Diego State in 1982 and a master of art degree in national security and strategic studies from the Naval War College in 1990. He began his JROTC teaching career at Fort Sam Houston ISD in 1993, after 20 years in the military.

FSH Independent School District

Weekly Campus Activities

Monday to May 7

Teacher Appreciation Week

Cafeteria note for both campuses:

Starting May 6 and running through the end of the month, all meals must be paid at the time of purchase or covered by funds in account.

Fort Sam Houston Elementary School

Wednesday

Early dismissal

May 5

PTO Board Meeting, noon

May 6

Kinder and pre-kindergarten round up, 8:30 to 10 a.m. and 1:30 to 3:15 p.m.

Spirit Day

Robert G. Cole Jr. / Sr. High School

Monday

AP English language III exam in rifle range, 8 a.m.

Spring “C” Awards in Moseley Gym, 6 p.m.

Tuesday

AP calculus exam in rifle range, 8 a.m.

AP world history in rifle range, noon

Wednesday

AP Spanish language III exam in rifle range, 8 a.m.

JROTC annual spring awards in Moseley Gym, 7 p.m.

May 5

AP English literature exam in rifle range, 8 a.m.

Varsity Band Spring Concert at Evans Auditorium, 7 p.m.

May 6

AP U.S. history exam in rifle range, 8 a.m.

Cole STUCO annual talent show at Moseley Gym, 7 p.m.

May 7

Cole band/choir banquet, 6:30 p.m.

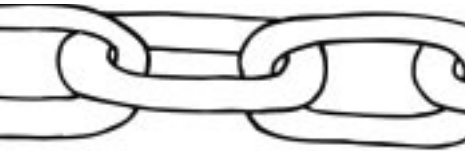
Senior Parent/Chem Free 5K fun run



Courtesy photo

### Successful taste

Cole Jr./Sr. High School teachers, Pat Feola (left) and Stacy Martin (right), congratulate event coordinator, Angela Jolivet (center), on the success of the first “Taste of Cole” event Friday. About 20 food booths provided main dishes and desserts from different countries for the 300 participants.



# COMMUNITY LINK

## Happenings

### Free concert at Majestic Theater

USAA in conjunction with Arts Center Enterprise, Inc. will present a free concert featuring performances by USAA employees Sunday at 2 p.m. at the Majestic Theater, 224 East Houston St. For more information, call Elizabeth Marshall at 913-0954.

### San Marcos River, wetlands walk

The San Marcos River Walkers Volksmarch Club will host a 10-kilometer (6.2 mile) and 5-kilometer walk Saturday and Sunday starting at the City Park Recreation Hall, 170 Charles Austin Drive (formerly Babcat Drive) in San Marcos. The walk route is along the San Marcos River hike and bike trail and the wetlands board walk at Aquarena Center. The start both days is between 8 a.m. and noon, to finish by 3 p.m. For more information, call Barbara Piersol at (512) 396-4463, e-mail [sanmarcosrw@yahoo.com](mailto:sanmarcosrw@yahoo.com) or visit [www.walktexas.org](http://www.walktexas.org).

### Maverick Park walk fest

The Fort Sam Houston Texas Wanderers Volksmarch Club will host a 10-kilometer (6.2 mile) and 5-kilometer walk Sunday starting at Maverick Park. The park is located at the corner of Broadway and Jones Avenues and start time is between 8 and 10 a.m., to finish by 1 p.m. Walk highlights include the San Antonio Art Museum, Central Library, Market Square, Spanish Governor's Palace, City Hall and the Alamo. For more information, call Lyn Ward at 651-6536, e-mail [LWard10KM@aol.com](mailto:LWard10KM@aol.com) or check out the club's Web site at [www.walk-tx.org/TexasWanderers](http://www.walk-tx.org/TexasWanderers).

### Cole Cougar Pride Club fun run

The parents of the 2005 Senior Class of Robert G. Cole High School will sponsor a 5K fun run to raise funds for the Robert G. Cole May 27 drug-free graduation party. The fun run will be May 7 from 8:30 to 10:30 a.m. starting at the Jimmy Brought Fitness Center. For registration and more information, call Martin or Diana Morris at 223-8009 or 221-7676.

### Annual run for the hills

The sixth annual Run for the Hills 5K run and walk will be May 14 from 8 a.m. to noon at Bulverde Senior Center. The entry fee is \$15, and there will be an awards ceremony following the race. For more information, call (830) 438-3111.

### Disc golf tournament

The Randolph Metrocom Chamber of Commerce and City of Live Oak will host the sixth annual Disc Golf Tournament June 4 at 10 a.m. at Live Oak Park. For more information, call 653-9140, extension 212.

### Spring concert

The San Antonio Chordsmen and Quartets and MacArthur high school Barbershop Sextet will present their annual spring concert Sunday at 3 p.m. at MacArthur high school auditorium. Admission is free for students and active duty military. For more information, call 340-1110 or 381-2763.

### Classic cruise along the Corridor

Alamo Area Council of Car Clubs will depart from the San Antonio Botanical Gardens' parking lot on their journey down the historic Alamo-La Bahia Corridor May 7 between 8 and 9:30 a.m. New electric hybrid cars will be on display at the garden. Music and refresh-

ments will be provided. For more information, call 362-5220 or visit [www.aacog.com/tourism](http://www.aacog.com/tourism).

### Free SeaWorld admissions

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its "Here's to the Heroes" special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at [www.herosalute.com](http://www.herosalute.com) or in the entrance plaza of participating parks, and must show a Department of Defense-issued photo ID. For more information, visit [www.herosalute.com](http://www.herosalute.com).

## Volunteer

### UFE procedure available at WHMC

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe and effective procedure that can be performed for most patients with symptomatic uterine fibroids. Individuals who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

### WHMC periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the Periodontics Residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

### Sports foundation seeks volunteers

The San Antonio Sports Foundation seeks volunteers for U.S. Junior Olympics Taekwondo Championship at the Alamodome June 21 to 25. For more information, call 820-2191 or e-mail [dbrowne@sanantoniosports.org](mailto:dbrowne@sanantoniosports.org). Applications can be filled out online at [www.sanantoniosports.org](http://www.sanantoniosports.org).

### BAMC needs volunteers

Brooke Army Medical Center needs drivers for its caremobiles which transport patients from the BAMC parking lot to the clinic entrance. The hospital also needs volunteers for its patient library to distribute materials to clinics and patients. For more information, call Laura Hansbrough at 916-5083 or Jessica Veilluex at 916-3862.

### Student exchange program

Families interested in sponsoring foreign exchange high school students for the coming 2005-2006 fall semester can call the program coordinator, Yvette Coffman, at (800) 941-3738 or e-mail [ycoffman@share-southwest.org](mailto:ycoffman@share-southwest.org).

## Professional Development

### Free suicide prevention training

The installation chaplain's office will

offer a "Suicide First-Responder" training called "Assist." Assist is designed to help students become prepared caregivers and be more ready, willing and able to help persons at risk. The two-day class will be May 12 and 13, and the limit is 15 students. Go to [www.samhouston.army.mil/chaplain/suicide](http://www.samhouston.army.mil/chaplain/suicide) to register. For more information, call Robb Wood at 221-5428.

### Principle-based shift work scheduling workshop

There will be a workshop July 12 at the Sam Houston Club from 8:30 a.m. to noon to present nine shift work scheduling principles and their rationales. A Department of Defense-developed, browser-based, shift work scheduling wizard will be used in the last hour. Graduates of the workshop should be able to design, and to help others design, optimal shift work schedules that produce measurable, positive changes when applied in settings with poor shift work schedules. The cost is \$25. To register, visit [http://www.brooks.af.mil/AFRL/HEP/HEPF/ShiftWork\\_Workshop](http://www.brooks.af.mil/AFRL/HEP/HEPF/ShiftWork_Workshop).

### AFTB classes

Army Family Team Building will offer a series of classes and workshops Saturday, Monday and Tuesday at the Roadrunner Community Center, 2010 Stanley Road. The topics include AFTB Levels II and III and student spouses open house. Pre-registration is required for all classes, and some classes do not allow children. For more information, call AFTB office at 221-0275 or 221-2418.

### OCSC to award scholarships

The Fort Sam Houston Officer and Civilians Spouses' Club will award scholarships to qualified recipients in May. Scholarships are open to family members of active duty, active Guard and Reserve and retired or deceased Army personnel who reside in the San Antonio area. Two categories will be awarded, one to a graduating high school senior and one to an adult continuing education. Interested students may obtain an application through their high school counselor or call Janie Gamez at 212-6951.

### eArmyU Program

An eArmyU Program mentor will be on post Tuesday from 9 a.m. to 3 p.m. in training room of Building 2247 (corner of Stanley Road and New Braunfels Avenue). For more information, call 221-1738 or 221-1634 from 7 a.m. to 3:45 p.m.

### Free computer training

Family members of active duty military personnel may receive computer training to prepare for the job market through the family employment readiness program. Automated, self-paced training is available on all Microsoft Office software (Word, Excel, Access, PowerPoint), Windows, Outlook, QuickBooks (accounting), customer service, clerical and typing skills. Typing instruction is also available in Spanish. For more information, call Katja Lunsford at 221-0427.

### Warrant officers needed

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more information and forms and documents required to apply, visit the Web site: [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or call DSN 536-0484/0458/0488/0478/0271/1860. The toll

free number is (800) 223-3735, ext. 6 and the last four of the phone number.

## Meetings

### USAWOA Lone Star Chapter

The Lone Star Chapter of the United States Army Warrant Officers Association will meet at 7 p.m. on the third Monday of each month at VFW Post #8541, 2222 Austin Highway (between Rittiman and Eisenhower). All active duty, retired, Reserve, National Guard and family members of current or former Warrant Officers are invited to attend. For more information, call Chief Warrant Officer Matthew Watterson at 295-8773 or e-mail [matthew.watterson@amedd.army.mil](mailto:matthew.watterson@amedd.army.mil).

### AUSA symposium

The Army Medical Department in cooperation with Association of the United States Army invite the Army medical community to attend the 2005 AUSA Medical Symposium at the Henry B. Gonzalez Convention Center in San Antonio from June 27 to 30. This year's theme is "Army Medical Department: At War and Transforming." For symposium information and registration, visit [www.ausa.org](http://www.ausa.org). Reservations should be made as soon as possible. For all other inquiries, to include breakout session or military exhibitors, call Capt. Stephanie Wolf, AUSA project officer at 221-7124 or e-mail [ausa.medcom@amedd.army.mil](mailto:ausa.medcom@amedd.army.mil).

### SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the Sam Houston Club. Command Sgt. Maj. Timothy W. Burke, president of the association, invites active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to the meetings. For more information, call Sgt. Maj. Danielle Lewis at 916-4114 or Sgt. Maj. Kyong In Nichols at 221-1266.

### Helicopter pilot association

The Combat Helicopter Pilots Association is incorporated in Washington, D.C., for the purpose of establishing a legacy organization designed to forge links among past, present and future rated U.S. military helicopter aviators and to celebrate their unique, common and evolving combat heritage. CHPA will draw from a worldwide veteran and deployed membership base in all U.S. service branches. Several other membership categories related to combat aviation also exist. For more information, visit [www.CHPA-US.org](http://www.CHPA-US.org) or contact its president, Steve Reilly, at (800) 832-5144 or e-mail him at [President@chpa-us.org](mailto:President@chpa-us.org).

### Association seeks members

The Alamo Silver Wings Airborne Association, VFW 9186, seeks members for its organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

### BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meet the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.



# FORT FREEBIES

*Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.*



**For Sale:** Panasonic color 36-inch TV, excellent condition, \$450 obo; wanted: car tow dolly. Call 646-7371.

**For Sale:** Boys and girls Huggies training pants mega pack, Depends undergarments, all sizes, \$6 each. Call 277-1657 Monday through Friday from 6 to 9 p.m. and 9 a.m. to 9 p.m. on weekends.

**For Sale:** Leather sofa and loveseat set, like new and in excellent condition, \$800 obo. Call 862-3071 or 862-3372.

**For Sale:** Sofa, \$75; loveseat, \$40; rocker/recliner, \$35. Call 481-3609.

**For Sale:** 2000 Trails West, two-horse slant bumper pull horse trailer, walk-in tack, used twice, \$5,000 obo.

Call 916-1095 or 822-6587.

**For Sale:** Traditional six-piece dinette set, includes table, four chairs and matching hutch and buffet, light oak with smoke glass inserts, \$600 obo. Call 392-9041 or 495-7795.

**For Sale:** 2001 F150 super crew cab with camper shell, 52,500 miles, in great condition, \$17,000 obo. Call Julie Gueller at 659-8593 or 378-4007.

**For Sale:** Full office desk with hutch and detachable island, \$350, negotiable. Call 722-8782 after 5:30 p.m.

**For Sale:** Four Firestone Affinity Touring T2 M+5 tires, P215/60R15 size; used for 10K miles, \$120 obo; four Fisk

Phantom Radial HRX tubeless tires, P185/60R14 size, used for 25K miles, \$60 obo. Call Davis at 232-3541.

**For Sale:** Signed, numbered and framed Alaska railroad prints, official annual release from railroad in 1985 to 2000, \$125 each or \$1,350 for set of 15; handmade AK dog sleds, small decorative for desktop, \$25 each; or larger for kids, \$200. Call 632-4976.

**For Sale:** American Kennel Club Afghan hound puppies, \$800. Call 566-8292 or 849-5595.

**For Sale:** Kenmore refrigerator, 22 cubic feet, \$125; four-station home gym, \$125. Call 223-4606 or 260-2976.

**For Sale:** Kids blue battery-powered ride on race and sports car, paid \$200, asking \$60. Call Marilyn at 822-9491.

**For Sale:** Black diamond plates tall corners for CJ-7 Jeep with cutouts, \$85 obo; Audi TT spare tire with rim mounted, \$100 obo; black full face Vega motorcycle helmet, size large, \$40 obo; all inclusive vacation with Viva Resorts at Wyndham Hotels in either Dominican Republic, Bahamas or Mexico destinations for three days and two nights, \$500 for two people. Call 651-9168.

**For Sale:** Two ball pythons with large cage and all accessories, \$225 obo. Call Shaun at 590-2126.